



Cooperative Extension Service
Institute of Food and Agricultural Sciences

Pickled or Non-Fermented Foods: Pickled Three-Bean Salad¹

United States Department of Agriculture, Extension Service²

Pickled Three-bean Salad

- 1-1/2 cups cut and blanched green or yellow beans (prepared as below)
- 1-1/2 cups canned, drained, red kidney beans
- 1 cup canned, drained garbanzo beans
- 1/2 cup peeled and thinly sliced onion (about 1 medium onion)
- 1/2 cup trimmed and thinly sliced celery (1-1/2 medium stalks)
- 1/2 cup sliced green peppers (1/2 medium pepper)
- 1/2 cup white vinegar (5 percent)
- 1/4 cup bottled lemon juice
- 3/4 cup sugar
- 1/4 cup oil
- 1/2 tsp canning or pickling salt
- 1-1/4 cups water

Yield: About 5 to 6 half-pints

Procedure: Wash and snap off ends of fresh beans. Cut or snap into 1- to 2-inch pieces. Blanch 3 minutes and cool immediately. Rinse kidney beans with tap water and drain again. Prepare and measure all other vegetables. Combine vinegar, lemon juice, sugar, and water and bring to a boil. Remove from heat. Add oil and salt and mix well. Add beans, onions, celery, and green pepper to solution and bring to a simmer. Marinate 12 to 14 hours in refrigerator, then heat entire mixture to a boil. Fill clean jars with solids. Add hot liquid, leaving 1/2-inch headspace.

Adjust lids and process according to the recommendations in Table 1.

Table 1. Recommended process time for Pickled Three-Bean Salad in a boiling water canner.

Style of Pack	Jar Size	Process Time at Altitudes of		
		0 - 1,000 ft	1,001 - 6,000 ft	Above 6,000 ft
Hot	Half-pints or Pints	15 min	20	25

1. This document is Fact Sheet FCS 8227, a series of the Department of Family, Youth and Community Sciences, Florida Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida. Publication date: June 1998. First published: February 1993. Reviewed: June 1998. This document was extracted from the Complete Guide to Home Canning, Agriculture Information Bulletin No. 539, USDA. It was originally published on CD-ROM as part of HE 8152, Guide 6: Preparing and Canning Fermented Foods and Pickled Vegetables.
2. Reviewed for use in Florida by Mark L. Tamplin, associate professor, Food Safety, Department of Family, Youth and Community Sciences, Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida, Gainesville FL 32611.

The Institute of Food and Agricultural Sciences is an equal opportunity/affirmative action employer authorized to provide research, educational information and other services only to individuals and institutions that function without regard to race, color, sex, age, handicap, or national origin. For information on obtaining other extension publications, contact your county Cooperative Extension Service office.
Florida Cooperative Extension Service / Institute of Food and Agricultural Sciences / University of Florida / Christine Taylor Waddill, Dean